The Brain Fitness Formula: Sleep Deeper, Think Sharper, Age Slower Transcript

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Introduction to Rad Cast and Dr. Patrick Porter

Most people don't understand that 5% of what you do is conscious, but most people are working in that 5% all the time thinking, I'm going to change this 5%.

I'm going to change this 5% where it's the 95%. You know, when Bruce Lipton says 95% of your life is controlled by your subconscious? This is doctor talks, real talk from real doctors on the issues that matter to you most.

Welcome back to Rad Cast, where science meets soul in the pursuit of ageless living and limitless human potential. I'm your host, Doctor Melissa Peterson, and today's guest is a true pioneer at the intersection of neurotechnology, consciousness, and human.

Doctor Patrick Porter For over 30 years, Doctor Porter has been on the cutting edge of brain wave entrainment and mind based medicine as the creator of Brain Tap, a revolutionary, neurotic platform designed to enhance brain fitness and debate neuroplasticity.

His work is helping people reset their stress response, boost resilience and rewire their brains for health, healing and high performance. He is the dean of mind based studies at the International Quantum University of Integrative Medicine and award winning author, speaker, and the creator of over 1500 guided audio programs that have touched millions of lives.

And he's on a personal mission to better a billion brains. Today, we're diving deep into the science of thought, power of perception, and how brainwaves can literally influence the way we age.

We'll explore how we can begin to live longer, starting with the way we think today. Doctor Porter. Welcome to rad cast. Hey, thanks for having me. It's great to be here.

Absolutely. I'm going to tell you all that. I love getting to have these moments to sit down with friends and peers and thought leaders. Just like Patrick. Doctor. Porter.

I've been a friend of his for a long time. I've been a user of his technology as educator and his technology. And you guys are going to love everything that you hear about today.

But, doc, I'm hoping that we can kind of dive right in a little bit to science first. I know you're probably used to always getting asked about your story, which I'm sure we will circle back to, but, you know, you've been a leader in brainwave entrainment for over three decades.

Again, such an early adopter and really, helping us to understand the power of our brains over our bodies. But can you break down, just for a moment, what brainwaves are and how they influence our health, our thoughts?

And of course, we're talking about longevity. There's there's six primary brainwaves I'll go over that are important for the listener to know about. So I'll start at the top. Gamma.

Gamma is a high frequency wave about 40Hz and higher. Think of it as the bass drum of the brain. So if this gets dysregulated, you're going to have dementia that will lead to Alzheimer's.

So think of it like if you're if a marching band and you don't have the big bass drum.

Brainwaves, Brain Fitness, and Longevity

That's what that's what gamma does. It's really important. And if you'd asked me 15 years ago, I'd have told you

gamma was for psychopaths. And, you know, they didn't know what it was about because we didn't have technology to measure it.

Now we do because of the research they're doing, like in, University of Wisconsin and other places with the Buddhist monks, they're showing that these people are actually going up to 200Hz, which most of us are in the 40 to 70Hz frequency, depending upon what happens when we have those high level look.

Think of it like when you have a mountaintop experience, high flow states, creativity. If you're a healer, you probably have. What we're finding is that peak performers have a lot more gamma than other people.

So we see that a lot now, beta, which is where most people hang out in, unfortunately, that if you want to be about 45% beta. So when you're thinking about percentages while you're awake, gamma should be about 5% or less.

It could be more. I mean, we've had people that if the more is better, but most people will have less than 2%. But as long as you have 2% or more, you're going to be fine.

And what I mean by that is there's a percentage of brain waves. So don't think of each brain wave as you don't like in one brainwave state at a time. You're in all the brainwave states. It's just some are less than others.

So and I'm talking about cognitive, how we function in the real world. So 45% of your brain should be in beta. This is your reactionary mind. Think of it like the you know, we need that to drive our cars, to catch a ball, to protect ourselves, to bad, to actually walk low level beta is there between beta and alpha.

There's a brain. We pulled smar sensory motor rhythm. And what we've shown here in the lab is that balance is of course, it's a feature of muscle. But what moves the muscle?

What moves the bone, what moves the ligaments? What moves the tendons? It's the brain. So what we showed was if you can increase this brainwave and this is what happens to us as we age, unfortunately, this is the brain wave that atrophies.

And as soon as it does, we don't have cognitive recall because in order to recall information, we need to dip into alpha, which is the next one we're going to talk about.

So think of Asmr as the balancing brainwave. It's it's what you need in the morning. It's when you wake up, you should have a lot of neuro preference dopamine, cortisol these are all things that the brain produces.

Coffee does that as well. But you want to wait to have your coffee hopefully. One of the things that I always tell people is wait about two hours, because there's a cortisol trough that you don't want to crush, you know, first thing in the morning.

I know you talk about that in your circadian rhythm classes and things, but it's really important. And I've been preaching that you know, for years because people just get up and you just slept all night long.

Why do you need a cup of coffee? You pretty for a little bit. You're going to find that you don't. What you should do is exercise, do some breathing, do some stretching, get your body going, get your brain working.

And then when you drop into alpha, Alpha is a timeless place. It's a creative state where actually time starts to suspend. So if you've ever been in a daydreaming state, you go, wow, what happened to a half hour?

Some people call that behind the computer, right? We call it almost like windshield time. We used to call it when we're driving, when I was working in the oil fields.

You know, what happened to the time you're driving behind a windshield? So you're daydreaming. Now, that can be really good. And as long as you have positive motivation, then that help is going to be good.

That should be about 30% of your prevailing brain wave, because that's how you recall information. So the reason that brain wave is so important is for communication.

So if you think about the biggest fear in the world, up to about ten years ago, used to be the fear of public speaking, right? You used to say the guy giving the eulogy was scared.

More scared than the guy in the coffin. But the the reality is, of course, the guy giving the eulogy was scared because when you stand up and you don't have Alpha, you don't have memories, you can't access your memories.

And this is what happens to autistic kids. So when we measure them, they're mostly missing alpha. So as soon as we increase their alpha to 23%, like in one study we did with your computer handy out of California, we had 90% of the kids speaking.

That's how important health is for communication. So when you think about that's why when you relax, when you're around family, friends, coworkers that you're comfortable with, you're fine.

But as soon as you get up in front of the group and they're all staring at you, that's why you got to practice those things, to rehearse them. Because the brain will act out what you've rehearsed, not what you intend.

Intentions go out the window because emotions drive behavior. Now, when we drop into theta, what I was saying about autism is true with theta. For most adults, 90% of the people we scan have very little theta.

We should have about 10 to 20% theta if we if we, you know, the more theta the better. So think of theta is the low grade gamma because these brain waves also trigger neuro activity, neurotransmitter activity.

So when you think about of course beta is dopamine. And for those who don't know what dopamine does, it doesn't do anything. It just motivates you to do something. But it never pays you off.

It's kind of like friendly, keeps on giving, but it doesn't get it. Keep going. Yeah, it's just foolish. You get it. You're like, that's why we say there is no there.

You know, you can't, you can't. You never win chasing dopamine. So you've got to. That's why you've got to create that balance between the brain waves.

Alpha creates more acetylcholine. But there's actually, you know, there's 54 different neurotransmitters. So we're not going to go into all of them. But they're all triggered when you go through the sleep cycle.

So when you go through the sleep cycle that's when you fill up your neurotransmitter bank account. Theta is important because it produces gab. Gab is a precursor to DMT.

So for those that know about psychedelic journeys, they know that they you can stimulate DMT by taking it. But every cell has it. And we have receptors just like we have cannabinoid receptors.

So when you when people say, hey, I had a mountaintop experience, it's because they triggered that beat up brainwave and call it the inventive brainwave.

So think of, the alpha brainwave as the intuitive brainwave. Think of theta as the inventive brainwave, because this is where all the great inventors, they all had a practice, like they say that, Edison would sleep with a big iron ball in his lap.

And when that ball rolled out of his lap and hit the floor, he'd wake up. That was his cannon. But he would he would always have a problem in his mind while he was doing it.

And when the ball hit the floor, he triggered his subconscious to give him a solution to that problem. And many times he got his inventions at that moment because he was going from his subconscious or other than

consciousness.

I like to call it, because I don't think it's sub. I think it's it's just other than what we do and think of these prevailing brain waves like flashlights and people look into the closet and say, that's all there is in there, but there's a lot more.

So we, you know, there's actually 16 different brain waves. I break it down into bigger detail, but then we have. So data is really important for sleep.

So that's why one of the most researched neurotransmitters right now is Gaba. Because the pharmaceuticals want to make a pill of it. But the reality is you can't have a pill without a skill.

So that's what brainwave entrainment comes in. You can have the pill, but if you don't build the skill your brains, you don't want to be dependent upon them.

You can't you can't ingest as much Gaba. You can produce in one night. You know, like they say, a couple hundred thousand dollars worth if you had to go buy it off the shelf.

So your brain is the most powerful pharmacy on Earth, and it's triggered through brainwave activity. And then when we drop into the last brain, what we're going to talk about is delta.

Now, Delta should not be available while we're awake. We want that to be less than 10%. The lower the better. When you're awake, if you could have it at 3%, you're going to find somebody who's highly energized.

That has a lot of focus. As long as these brain waves are, they call it the master brainwave. And and I wasn't the one who created that. It was, and wise who used to work for, light and sound research when I was their researcher.

She was the master researcher. I worked under her, and she traveled all over the world measuring people's brains with something called the mind mirror, which is still available as a different brand.

But it used to be nothing like what we see today. It was a crude thing, but it didn't measure brain waves. And what we found was that all, every high performer had the same brainwave profile, the one that I just said. So.

And what we're finding today, by the way, in how we know that the brain's out of balance is 90% of the people that use our neuro check, and we do about 30,000 scans a year with all of our doctors.

And what we do, we're finding that about 90% of them, over 60% in Delta, when they're awake. Remember I said it should be below 10%. So you're talking about now, what that means to the listener is when you're if your brain is in high delta, you either have a lot of inflammation.

You know, in which we can measure it. A lot of people have a lot of inflammation or you have brain damage, you know, from maybe a fall or an accident or, you know, just, not sleeping well, that can cause brain damage because of you.

From Self-Help to Brain Tap Technology

You're not detoxing, you know, and that's and you know, what I like to tell people is, you know, during 2015, when they figured out we had this clear lymphatic system, right?

They I tell people, could you imagine all the physiology books before 2015? They never talked about the lymphatic system. In fact, the lymph system stops here.

And we were all taught in physiology class that anywhere there's a blood vessel, there's a lymph vessel. But for some reason, every textbook in the world stopped the lymphatics at the neck because they didn't know that during level four sleep, the system activated.

So I tell people, what other things do we have inherent in our body that we have not activated? There's probably other dormant systems that once we learned this combination of brainwaves because they didn't even know.

But it happens during what we call level four sleep, and it doesn't happen all at once. So when you're using your, whatever you're using to sleep, you know, watch your sleep, whether it's in a read watch or whatever methodology, we find that if you have an hour of deep sleep now, that doesn't come in one burst.

Like most people don't just get it, it comes in many. So you're going through these waves. Remember, you're going through these brain waves while you're sleeping, trying to stay out of data, hopefully.

But you're because you don't need dopamine when you're sleeping. That'll wake you if you want to stay in the lower brain waves. And if you can stay in those lower brain waves, you're going to build up this neurotransmitter or bank account, and in the morning, going to wake up filled with energy.

You're going to have a positive attitude because, you know, it's just all about energy and the energy in the brain. If the brain has to fight for these, it's good to try to preserve these neurotransmitters.

So it's good I'm stingy with them if you don't have a lot of them. So you want to have a lot so you can be gracious and, you know, be at peace with your surroundings and things.

Longevity Revolution is about more than just searching online for a few hacks, or any one of us moving our biomarkers in the right direction. It's about coming together to learn, share, to connect and create the unlimited future we want.

That's why you need to be at Rad Fest 2025, in Las Vegas from July 10th to the 13th. Rad Fest the Revolution Against Aging and Death is proud to be partnering for the first time with Doctor Aubrey de Gray and Longevity Escape Velocity Foundation.

The form the single most comprehensive, advanced, informative and inspiring event on age reversal for a general audience. Meet the people you want to make forever with Rad Fest 2025.

Take advantage of lower advanced pricing now at Radford. Scott I love it. And and so we just jumped right into the science and I'm going to make a connection. So really keep keep listening.

And I want to thank you for that doctor Porter. Because you know it can seem complex but at the most simplified level aren't we are one big bundle of electricity.

Our brain is this big, beautiful surge of of electrical, you know, of of electrical impulses. And so these brain waves are just different speeds at which the electrical signals are being emitted is a simple way to think about it.

I always think of it like a gearshift in the car. Right. And and so as Doctor Porter so eloquently just said, these brainwaves are firing all the time, but they're supposed to be different brainwaves and frequencies happening at different parts of the day.

They align very closely to the 24 hour light dark cycle, the cues we're getting from our environment. And so the point, the reason I wanted to start with the science is because, you know, you actually started your career, started in self-help.

And of course, much of the work that you do is still helping us all to help ourselves live longer, live better physically, mentally, emotionally, spiritually.

Yeah. I'm curious, you know, how did you kind of start where you started in that land of self-help and make the jump into really studying the science of the brain waves and finding and developing this technology piece that could allow us to get right into those frequencies and start to better modulate for more kind of optimized outcomes, if you will.

So you think of God, universe, whatever they put me in the position to do that. I mean, I my dad was a sailboat instructor, so the civil method had something called the silver sound.

They didn't tell us what it was, but it would it would synchronize the brains in the room to Alpha. It was a nice Socratic tone. Now that now that I know what it is.

But back then they would just play this a weird sound. It sounded like a bunch of machine noises. And then. And that's what it would sound like. If you heard my algorithm, it would be weird.

But what we found was we can bury that below the music. It carries the carry weight of the music so it doesn't interfere because it's kind of weird. People hear and they go, what's going on?

But it creates a critical response in the brain. So what fascinated me was, how could we synchronize a room? Now when you said a ball of energy, remember, we have a heart that is a magnetic frequency.

So that broadcast out up to 18ft away, the brain know we have to put probes on the brain because it's very low energy, but we can still measure them. But the whole thing is I tell people, think about each of those brainwaves like a Wi-Fi network.

If they're they turn on and off switches in the body. And with your background and epigenetics, you know, every 40s the DNA is switching on and off. These, these pairs to to prepare us either for what we're doing or not doing. So.

But what always interested me and what got me into it was there's more than just thinking. So I got into my dad. My mother was into nutrition. So she got us from nutrition to my dad getting into the brain stuff with with, NLP, hypnosis. He was also a PhD.

So he got into therapy and doing therapy, he found out using these kind of therapies were much faster than talking about it, because most people when you talk about a problem you exacerbated and actually you hardwire it in so you can talk about it once but get over it, you know, the the whole thing.

And what I tell people in my first book, I call it the Dragons of the past. If you only have 100% energy so you can drag the past on and on, drag on, you know, that's. So I made a little play on words.

So when you think people want in, sometimes you meet people and they want to tell you about all their past baggage. And you're like, I don't need to know, you know, TBI or whatever it is TMI.

But but they don't understand that they're running the neural networks when they talk about it. So what I did was I tell people and I did this back in 96, I tell when I wrote the book, I said, I wrote the chapter how I was blessed to be the son of an alcoholic because it doesn't serve me to say, poor me.

My dad was an alcoholic. I could definitely be one. I'm pretty good at everything I do, so I think I could be a pretty good alcoholic if I wanted to. You know, I've got the Irish name and I could probably do it really well know, but I'm not going to do that.

Right. Because you can make a choice. What? You know. So what got me into it was when I was when I'm working with my clients. This was way back in the 80s and we were working with them and they can't relax.

I mean, I'm trying to do hypnosis with them or in NLP and they're there's fidgeting, they're moving, they're doing all this stuff. So I so I started leading meditation classes and then the universe arranged a meeting with me with these people from like on research.

And it was a, it's in a book called miracles because I think it's a miracle that we met and, because we met in Vegas and the, the founder of the system called the Cells of Sensory Input Learning System.

He died that weekend, unfortunately. But I was at their booth and they didn't know what to do. They only had two of these big machines left. They were $10,000 each.

And I said, you know, my background's electronics, my undergraduates in electronics. So I said, you know, if you where are you going to go next? They said, we're going to go to Phoenix.

That's my family lives in Phoenix and we don't know what to do next. I said, well, I have an office in Scottsdale, come and see me. So we we arranged that some things happen.

It was it was kind of weird. I lost their number. They lost my number. Then this Jerry guy that my my buddy, he calls me up and says, I got met these two people and I really think you need to meet them.

I didn't put the two together, but they showed up at my office, so the universe made sure we met even though I tried to sabotage by something. So, at the time.

So I didn't know what I know now. But it all happened. And then what we did was we wanted to show people that we were doing biofeedback, not neuro. If there's no neurofeedback, I think, so we were using hand temperature, respiration, all these kind of things to teach people how to get out of pain, get rid of headaches, because I would get a lot of referrals from doctors because I was a psychologist, you know, my dad was really the psychologist.

I was still going to school, but I worked with people because he let me work with him. And in his clinic. And then as we were, as we were doing the work, we found out, hey, this this is much faster.

It's a much faster way to get somebody to their other than conscious. So their subconscious where really the problems exist. Most people don't understand that 5% of what you do is conscious, but most people are working in that 5% all the time thinking, I'm going to change this 5%.

I'm going to change this 5% where it's the 95%. You know, when Bruce Lipton says 95% of your life is controlled by your subconscious, you know, could you imagine trying to keep track of 86,000 heartbeats or 20,000 eye blinks, or, you know, how to take electrical impulses from the world around you make sounds out of it?

I mean, this is all being done by a higher consciousness that's within you right now. It's it's it's not something you have to go search for. You got to pay for it.

It's what you were born with. It's an eight, you know, so we if we tap into that power, we can make incredible changes. And I wanted to find a way. How could we get more people there faster?

Because, you know, you can do it through meditation. And when I was in India, Guatemala City University, this was a number of years ago, I took a guru up on stage, and I and I measured their brain.

They were doing a great job. You know, most people don't meditate, right? By the way, we could I could count on one hand the people who meditated that actually got a less than a stress response when they meditated, because the default mode network never shuts off.

So you're they're going to and they're going to a level of relaxation, but they're amplifying all their negative stuff. Because 90% of what you thought about yesterday, you're thinking about today, and 80% of that is negative.

So we need to change those thoughts, you know. So you need an upgrade. So that's where the positive thinking comes in. And the positive programing if you will, that people need.

So this guru gets up there and I chose Brian profile. And I knew exactly where I was going to see because we've seen it a thousand times. And so I asked somebody in the audience, I said anybody here never meditate, brought him up, put the brain tape out and put the EEG cap on him.

And we did the thing I said in seven minutes, he's going to have the same exact brain profile as the guru. They

thought, I was crazy, and we did. That's all I got at that time.

We got a working relationship with him. Pope Paul, which is the leader in meditation research all over the world. They now research with our equipment because we showed how we could do it very quickly.

And they also used neuro check because it's an easy measurement. But we we did that with the EEG but I in the in. Then I remember Doctor Broom going that's cheating in front of the whole group.

You know there's a few hundred people there. I said that's not cheating. I said, have you ever meditated to a candle? He goes, oh yeah, all the time. I said, you know, that's cheating, because what do you mean?

I said, that's technology. It's just really old technology. But that candle flickers at ten hertz frequency. All fires burn at ten hertz. All fires emit infrared light.

So when you think about people doing health optimization, those are both things that are really good for our brain.

Light, Sound, and Frequency for Health

So when you've ever stood in front of a fire, so you're synchronizing brainwaves. I said, do you ever wonder why the gurus go to the Himalayas to meditate?

He goes, yeah, to get away from people. I said, no, they're cheating because what do you mean? I said, the mountains, those mountains resonate at 4.7Hz frequency.

That happens to be a low band of theta. Yes. When you're when your body, every cell of your body right now, even while the listeners are our viewers are watching this, your cells are vibrating to the room around you.

Every cell is listening and everything is playing into this. It's not one thing. So you're and that's changing, you know, the 10 billion miles of DNA, which is pulling in light and transmitting light to the cells and feeding the cells.

That's all being changed based on a couple of things. But the main filters are, if you look at life as a threat, what do you look at as a challenge? And if what they've shown with light, because every cell of your body is emitting light, you're emitting light.

I'm emitting like that's why we can be seen, you know, and we all have a corona discharge. The NIH, actually, if you go to their website in 1994, they say we all have a biosphere and all illness starts in the field, but they don't tell the medical doctors that.

But it's right in there. It's right on the online. So we have this energy field that surrounds this is not metaphysical mumbo jumbo. It's physical science.

And we influence stat they they actually prove that when you're a negative thinker you produce 200 times less light energy. So that light energy is what upregulate or down regulates the DNA because it's part of the signaling system.

It's called the bio fatigue system. So the more energy you have, the more capable you are. And if you look at life as a challenge, then your cells are being upregulated to meet the challenge.

If you are thinking it's a threat, it will down regulate to basically make you right. You know that you perceive that as a threat. So you, you kind of you actually show shallow breathing.

You get into the fight or flight. So if you're meeting a challenge, you don't do that. You know, you can't really meet a challenge by being weak and cowardly.

You got to meet it full on and go for it. So and that that has to do a lot with how people prepare and in their brain

function if they don't have the right balance, if you're in high delta, I tell people it's all about frequency.

So what you frequently see. So think about when you think about your frequency. What do you frequently see. So if you're high frequency high energy you're going to see high energy people.

You're going to see high energy food. You're going to see high energy activities. You're not going to put up with the trainers. If you're local G, you're going to be a naysayer.

You're going to be negative deli. You're going to sit on the couch potato chips and say, all this is hogwash. But the reality is that it's not what you do every once in a while.

That's important. It's what you do consistently that needs to change. So we wanted what I wanted to find was a practice that people could do. And we're very lucky.

With Brain Tap, the average user uses a 28 times a month, and we only have 7% of the people ever join, ever quit. So I mean, it's a pretty good that's what those are numbers that are unheard of in most apps.

But if you if you get a value out of it, people are going to keep using it, you know. And so that's that I always look for how can we bring value more than what they're paying us?

Because I also the reason I want to get to those billion brains so I can get it in here is I believe, that field of energy that surrounds us. They know that we're sharing that, you know, during Covid, they said we had shutting, but we've always been shut.

We always, you know, we're around people. There's a certain thing when you're around good people, you're on a you're in an event or something and you're around high energy people.

You leave and you're charged up and then there's always that that negative person, you know, the room gets a little darker when they walk in. You know, those traders, you know, we have to protect ourselves because there are people out there.

And what what the energy does, it tries to find balance. Yeah. So group, if you're a high energy group, you raise the energy of everyone else. But if you have a drainer in the group, you got to get rid of them because it's almost like having a battery.

That's that's grounding. That's the or just leaving. So that's why it's so important that we, we find our tribe and, you know, hang out with those people that are going to build our value and try to recruit other people into a positive lifestyle.

You know, the the main thing. Are you ready to redefine aging and unlock your full potential as a longevity leader at the human Longevity Institute, our world class certification programs train doctors, coaches, and wellness professionals how to deliver cutting edge, integrative longevity, health solutions so people can live better today for longer, healthier, and more vibrant tomorrows.

If you're ready to join the Longevity Revolution, visit Human Longevity institute.com to enroll and become a practitioner today, I love it. And so, and you've just made so many great points, 100%.

Thank you, thank you, thank you. I want to connect us back to, really talking about this this phenomena around again. We all emit light and we are all frequency, right.

And so frequency is on the spectrum, just like light is on the spectrum. Some of it we can see, some of it we can't, some of it we can hear some of it we cannot.

And so, you know, if we really come down to the foundation of what we're talking about today, we are looking at light and sound. We are looking about at the frequencies emitted and how the brain and body responds to them.

And now I want to go ahead and kind of build a bridge and look through the lens of your technology and your science to say, oh, so you've been getting faster results with the technology that you developed.

So how can we leverage the technology or the science behind it to live healthier, to live longer, to longevity? Hack, if you will, to start to influence our frequencies in a way that really produce new enhanced health outcomes.

I know we're probably gonna learn about the Krebs cycle at some point in your in your thing, right from you or somebody else. So think about the the cells all have this cycle.

Think of it as a clock. And the little guy in the middle. And every time it spins around he can spit out 2 or 4 ATP module molecules. This is the energy or currency of the body.

So let's introduce the right frequency like healing frequencies. And we introduce light that coordinates with that frequency those cells they know will now start to spit out not two but 32 ATP molecules.

So when we measure the brain and this is important because when you were born, like when your children were born and you were born, your brain was probably at 18.1V and it was balanced.

And that that's important to know because as we age, unfortunately, what happens is when our brain gets dysregulated and it's all starts with voltage.

Voltage is key how much energy you have. And it's a factor of mitochondrial function. I know you talk about that a lot too. So then in the process of mitochondrial function, your eyes bring in the most light of any other organ.

So when you think about when you're looking at somebody's eyes, you can you got beautiful eyes. You're really saying you got a beautiful brain because it's brain matter and it's a it's a whole job.

There's more mitochondria in your eyes than there is by square centimeter than anywhere else. Of course, the brain has 200 mitochondria. Purcell. So you have a lot more in the brain, of course, but the eyes bring it in.

So you're always transmitting and receiving light through the eyes. So if and this is what actually powers your frontal lobe. So if you're wearing blue blocker glasses during the day you're doing a disservice.

You're going to have seasonal affective disorder. Now if you want to use them while you're on the computer or after 6:00 at night, that's that's different.

But I see these biohackers using blue blockers during the day. I'm going, you're hurting yourself. There's a reason we have a blue sky. We we our body is designed to have that and that which creates vitamin D and a lot of it is resolved through the eyes.

Now every cell has receptors to they're called chroma forms. So when you think about the cells there every cell is absorbing light and using it in some way.

Now when we're not outside we're not getting enough light. So we're going to we're going to simply we're going to basically, fake it with with what Brain Tap has.

We use red and blue light because when we mix those lights, it's, it's more like the light we get in the morning, in the evening. So we're trying to imitate sunrises and sunsets.

Now it'd be best if you get outside, you know, maybe do some methylene blue in your eyes and, you know, look at the sunrise and sunset, really activate those, those light receptors.

But what happens is when we, when we give light into the brain, speeds up that energy, when you're about 27 years old, you reached your zenith, right?

You realize you're not going to live forever. You know, whatever. You know, you're not gonna get back in the wrestling ring. You know, whatever you're going to do, you know, you're going to say, you know, this body doesn't heal as quickly as it did before because that for some reason we have a time clock on our cells, you know, used to be a 35 year old. You're an old person.

You know, I'd be like a geezer, super geezer at this age. But they in the in the process. But I, I regulate it's a 31 year old so that's what I identify with there.

You go I love that. Yeah. There you go. So when you, when you think about the cells, cells don't have to age. I wrote a paper about this based on the chicken cell experiment they did at Harvard.

They kept cells alive for 35 years. They claim that they got a couple of life forever. As long as they detox them and gave them light, energy. So think about that.

These cells were kept in a petri dish for 35 years. So when somebody says we're destined to age, no, we only age because of trauma, stress or our thoughts.

Right? So thoughts, traumas and toxins, it all breaks down to that.

Stress, Recovery, and Performance Optimization

So we have a belief that we age, you know, and the reality is I like Wayne Dyer when he says, never let an old person inhabit your body. That's probably they know.

The number one thing you can do for longevity is have a positive attitude, because negative people die six and a half years earlier when people can have a positive attitude.

So I always tell the positive people, don't worry about them. They're going to be gone in six years. You're like six and eight years of peace. You know, you just be relaxed.

You let them go, you know? So when you think about the the technology, what we're doing is we're designed. If you and I were 200 years ago having this conversation in the cave, you know, we wouldn't be doing it on timeline, but we're going to tell the tribe about this whole thing.

We're talking about light, energy and getting out there. We would be walking around all day long. We would have different environments. We would go to each of those different environments.

We might walk by a stream that's going to trigger elephant. We might walk up a mountain that's going to trigger Gaba. You know, it's going to trigger gamma.

You know, all these things are being triggered by nature. We're not getting those anymore. We are, we are. We really want variety. You know, our our body loves variety.

And, you know, we do the same thing every day. That's actually the death kill to the brain. You know, if you do the same thing they say neuroplasticity for the listeners that don't understand what that is, think of it as energy in the brain.

Really, that's what we're talking about. The more energy you have in your brain, the more capable you are having the additional neural pathways so you can think about.

I always tell a story of going through Canada with my kids when they were little and we watched it, there was a bear with their cubs in the middle of the highway.

So we're watching safely. Well, there's a show called, you know, Faces of Death or whatever, and we're thinking, this guy gets out of his car, this camera starts walking to the the bears.

I'm thinking we're going to see a bear eat this guy, you know? So closer. He got Mama bear, got up on her, you know, he ran back to the car, thank God.

But she was fine. As long as we were safe enough away. That's the same with our cells. So our cells are. They're in growth mode or protected mode. So we keep our cells in growth mode and we give ourselves variety.

Then our selves will do what they're supposed to do, which is to really respiration, you know, they're they're meant to bring you're meant to have stress.

In fact, if you don't have stress, a lot of people say, I just I'd be fine if I didn't have stress. No, you would die early. They did a experiment with mice and they gave these mice everything.

I mean, everything, even mates. They didn't have to move. They just laid there. They brought them to them. You know, this is like the, I guess the 16 year old's dream or something.

You know, you just lay there and they bring you sodas, they bring you whatever junk food you're just laying there. They found out the and the other mice that they tricked all the time.

They never gave them a mate. They they they made them suffer. They live 25 times longer because we need stress now. We don't. What we don't need is lack of recovery.

Biggest thing is people don't recover. When you think about the cortisol trough and and when you think about the stresses, it should be okay. High peak peak stress okay.

Peak recovery. Yep. Stress. Peak recovery used to be when if we were having this conversation 20 years ago, we might go, man, that bear almost got me, or that tiger almost got me.

Or, you know, I almost didn't think I was going to find any fruit today, but I did. You know, you're you're dealing with life and death. So they say that we might have had the stress responses maybe 3 to 5 times a week now that before breakfast, because we've we've self-identified having a cell phone.

Right. If if you look at that cell phone first thing and you have a propensity to have a negative belief, you're. Yeah. The biggest thing that causes aging when you look at our presidents is an example.

You know, when you think any president doesn't matter if they're Democrat or Republican or whatever, when they go into office, they're usually not anymore.

They're old men now. They leave even older. But when they were they used to be young men and they leave old because stress in the biggest stressor is the stress.

It's put on the liver because people don't understand the 70 actions of the liver that help brain function. So there's a definite connection between the two.

And the biggest connection is in this gut brain access. And when you're under stress the liver holds this. It's it's equivalent to 25g of sugar. But it's not exactly that.

But it's dumped into the bloodstream. And if you have chronic low level stress, which a lot of people have because they're not having recovery, then your insulin doesn't just shoot like you used to be.

Just get rid of the extra sugar, you know, because you only have one tablespoon in your bloodstream or you're going to have toxin here. So you can't really just have all that sugar.

But when you're what happens is the body says, you know what, we're just going to keep dripping the sugar. We're going to keep dripping this insulin. And it's going to happen all the time.

And then you get what's called insulin resistance, because now the body says, I don't know what to do with all this stuff because it's just coming all the time.

And so it's like a mother with ten kids. It doesn't know what to do with them. You know? So we have to we have to have clearly defined it's okay to have stress.

That's what working out it, you know, when you work out. That's why some people that work out too much, you know what you can measure three job. If you're if you don't recover in four hours back to your original baseline, you're working up too much. Yeah.

You know, you should always that's one of those standards. But I think the biggest thing is people don't understand that you can't just go from a stressed out state to sleep either.

A lot of people watch the news. You know, one of the biggest things you can do for longevity is turn off the news, especially after 6:00 at night, because it's you.

We tend to dream about what we think about right before bed. So it used to be people would watch the news and go to bed. Well, that's back when the news was your hometown and you were learning about Betty over there at the school or or Bob or whatever.

Now we're learning about people all over the world having they have to scour the earth to give us an hour's worth of bad news so they can report it to us, and we can't do anything about it.

The worst thing for the brain is uncertainty. Yeah. So yeah, that's where meditation comes in. Relaxation, brain tap. So when you start to have certainty and also we can when we talked about brain captors, it's not about meditation because a lot of people meditate.

Like I was saying, it's about brain fitness in the morning. We need that brainwave right? Called smile. So we do wave sessions in the middle of the day.

We need to reboot sessions. And that's a 20 minute theta because most adults are missing theta. And then like we need to down regulate because we've been geared up all day long.

It used to be, if you and I were together 200 years ago, we'd meet at the campfire. Burn a few logs, we wouldn't go, hey, go grab five more logs. I'm going to binge watch these logs tonight.

You know, I want to see what happens at the end of the episode, you know? No, we would. When the logs burned out, we went to bed, you know, and we were getting down regulated by the alpha, you know, the the fire was burning at Alpha.

So all those stress hormones, all the stress, anxiety was being dissipated because we're electrical systems and it was being routed into the Earth. Most people don't round anymore either.

So that's why when you're when your hemispheres are balanced, then the man who runs a company called Radiation Nation Brain Tap is their resource to balance the brain.

Because even in an airplane, we can balance the brain because it's only just sharing electrons. When your brain you will start, you'll start getting rid of those extra electrons in your.

Your body will become grounded even in an ungrounded state. Because we're we're we are our own universe. You know, it's just we we just don't realize it.

And we don't. We're not. I think as we move forward, we're going to see more of this frequency based kind of solutions. And using light and sound of vibration to, to tune up the completely.

Yeah, completely. And and so okay, we, I only get you for a few more minutes. So I want to do a couple of things. First, I want everybody to know if you are curious about what you're hearing, if you're in loving what you're hearing, you want to go deeper.

Doctor Patrick Porter and the entire brain tech team will be with us at the 10th Anniversary Rad Fest out in Las Vegas July 10th through the 13th. So we're going to be doing immersive experiences this year.

If you want to come try this for yourself. And you know, doc, there's so many things I love about this technology. I've been a big advocate of it for years.

I use it personally on myself and my family. I use it in clinical practice at the Human Longevity Institute. We teach our practitioners about brain ways and brain health and and all the different types of neurotechnology, with brain tap being the one I endorse the most.

I've got meditations on your platform and I love it and could go on for an hour plus, plus plus just all the reasons that I love it. But one of the things that I think is so stand out and you've mentioned it.

So if I were to kind of surmise everything that you've shared with us today is that, first of all, you know, in order to live, to live a just really long life, like part of it is the body needs to know it's got a reason to live.

And stress inputs to the system helps to give us something to respond to. So the body's always going to take the the inputs to the system. We're going to recognize it, we're going to respond to it.

But then we've got to recover from it. And when we recover, we get stronger so that we can live longer. But the way that our systems have evolved, we've gotten overloaded, we've gotten overwhelmed.

We've gotten out of balance with nature. We've gotten stressed out. We've gotten burnt out. Our brains are not wiring and firing the way that they were naturally intended.

And so we are at a time to say, well, what can we leverage? What can we do, if anything? You know, this is this is both about increasing healthspan and longevity, but it's also what do we do today to deal with kind of all the mismatching of our all the gifts of modern living that have created a lot of of curses at the same time.

And your technology is that tool that's like, I think what you've done really well is you've mimicked nature, right? You've looked and you've learned and said, okay, what fires what?

So yes, if we live by the ocean, we can go to the ocean and will we will, you know, intervene with Alpha. If we live in the mountains, you know, we'll be able to entrained a certain gamma.

So just like you said, we used to be in our environments that would naturally and train us to those optimal brainwaves. But now we don't do that as much.

And so we can look to tools like your brain tap technology. And one of the things I think is so stand out in the literature is how with one 22 minute session, correct me if I'm wrong, if something has changed since the last time I looked at some of your research studies, it's equivalent to approximately six hours of recovery of that time.

When are we can all of a sudden press pause, press the brake on that stress response so the system can actually recover because stress isn't bad. It's just are we getting the time to recover from it?

So talk to us about some of these. I mean, because that alone. Like Tom Brady's group, the TBI group that Alex Guerrero that runs his is a recovery team really now he's with the Oakland Raiders.

But they use Brain Tap as part of their solution because Tom says for every one minute of exertion into two minutes of recovery, that's how important it is when somebody says, how can you play at a high level at 44 years old because he recovered?

When you look at his body, he didn't look like, you know, you look at him without a shirt on. You think, I mean, he's a good looking guy, but you you wouldn't think this is a guy that's like the world's greatest quarterback of all time.

He looks like it looks like an idiot, an average person. I mean, he doesn't look like a 44 year old, but he's. He doesn't look like he's a superhuman athlete.

Yeah, but he's got his brain. So as you age, you really want. But what good is it to have a great body and to function if you don't have a brain, you know, so we our brain working in there's no better time.

So we've even done studies with people 90 years old where we've improved their brain function by 19%, 90 year olds. And and so the brain can, can improve at any age.

And and because it's it's just like, again, we're creating we can always create new neuro. We can create more neuro plasticity with this tool, which is again, think of it like muscles for the brain.

Doc, really quickly though, you just talk to us about some of the amazing findings you guys have around, cognitive decline, dementia, Alzheimer's, some of the there's.

A good book out there. Doctor Kelly Miller wrote it called Saving Your Brain, and he did the saving Your brain research. We did. It's now in a longer study with Seminole College.

We have over 100 people within six weeks. They're all taken off the dementia scale. People think cognitive decline is a feature of our aging. It is. It's a feature of our energy.

So if we can increase our energy. Now we did the study with just brain tap. But when we add in nutrition and movement that decelerates it, we get the results even faster.

So we showed that, you know, dementia is not a foregone conclusion. It's an energy equation. And then when we when we talk about, productivity, when people want to be more productive, you know, we have more peak performance moments.

We did a peak performance study with Julia Art with Googlers and Microsoft users. She did a whole Ted talk about it. Now it's it's pretty interesting where she talks about it.

But what we did was we all we had them do is 20 minutes a day in the middle of the day. That's when your biological clock, your temperature drops two degrees.

So you're the biological know most people go seek out chocolate or coffee or tea or some biological solution. It's really an electrical solution. And they they've actually proven Virginia Hunt proved that as we lower our brainwave states during these levels of relaxation, we actually increase that energy field, which can now be measured.

It's not a it's not like a just a gut feeling or, you know, a metaphysical thing. It's actually a science thing. And so what they did was they found out when they did that 20 minutes, their their happiness score improved 54%.

But their, their production, they actually got 26% more work done every day that they took that break. So imagine that in the end when we showed Google and Microsoft was and that's why we're part of their their programs, is that they got one and a quarter days more work done by taking a 20 minute break in the middle of the day in their brains became sharper, their sleep improved 47%.

We didn't even do anything about sleep. But when you think of the energy. So and then, the one study that we did with, we're doing with schools down in Seminole College, we're doing a whole school thing now because they're our golfers have now been national champions for years in a row.

Brain Tap Results, Biological Age, and Closing Remarks

But what we noticed about them and now the softball team is doing it there, and they're doing extremely well. Not just in performing on the field, but in the classroom.

They were the smartest kids in the school. They had the highest GPA. So now we're doing a for the university itself. And we have several universities doing this now, but the they're the only using the app because we can't afford to give them all headsets. Yeah, yeah.

The app alone even can get results. It just takes longer. Like our sleep study, which we did with the coal miners, where we improve their sleep by 70% in three weeks.

That that happened with the headset. And then the people that only use the app because we had a group that didn't use the headset, it took six weeks. So it's just a matter of, again, it's not what you do occasionally, it's what you do every day. So this is something you can do every day.

Your family can do it and at least every 72 hours, because that's when the cycle of your nervous system resets. And we want to keep upgrading the nervous system, keep upgrading the nervous system.

It's going to go down because you're going to get hit. Like Mike Tyson says, everybody has a plan to they get hit. You've got to have a plan when you get hit because it's going to happen.

You know you're going to be pushed by time. You're going to be pushed by meetings, you're going to be something's going to happen, you know. And how do you readjust?

How do you reset so that you can get your biological system back on line and, you know, start living in the moment instead of spending all your time in the past or worrying amusing about the future.

Yeah. And one of the things that your system when you and you'd mentioned earlier, one of the assessment tools that you all use is the neural check. And, and there's an algorithm within it that it's really able to assess biological age.

Now, is it the definitive will it match up with your true true age diagnostic testing. Maybe not, but it is a metric. And so I'm curious, I don't know if you've got this type of information, but if you had to give kind of maybe a percentage or a big picture before and after, because a lot of times you guys will go into a conference and somebody will come in, they'll sit down, they'll do a neural check, they'll get, you know, an assessment of their brain profile, and they'll get a glimpse into their biological age, and then they'll just go do one 20 minute starter session, and then they'll come back and they'll do another neural check.

And you guys have been grabbing this data for years now. What percentage? And obviously, I know when there's a shift this doesn't mean it's permanent, you know.

So we're not making any claims. But just to give an indicator to our listening audience of what can be possible in affecting how our body is perceiving the stressors.

And, you know, the the influences that affect that rate and pace of aging. How significant how often do you see a shift from pre and post on that biological age?

Seen a reversal? Oh yeah. The average person comes in six years older than they are. Just to give you an idea that we do have that statistic, and we do know that the average first time session will reduce their age by 10 to 10 years, and that's measured by other people.

So imagine our 30,000 data base is 30,000 people your age that have taken this test. So we know the people that are at 100%, people that are at 10% in is and really is an energy equation because every cell has a frequency and a vibration in the Russians on that pattern.

And that's why we partnered with them. And, you know, as we're sitting here now, we're working with them to

partner on a mobile app, which I have the the demo which is going to be a lot more affordable because the others for clinical use.

And, you know, a lot of people don't want to spend thousands of dollars for it, but it's a great metric. And like you're ordering in groups and things like that.

We know there are only about 60% accurate, but as long as you're using the same metric, you know you're going to get a pretty good a pretty good read for you, but it's not going to be clinical.

You couldn't use that information in clinic because it's it's not really accurate. I mean, there's there's so many other variables. And what we do is we get nine variables, the nervous system.

And then that will give us the in. This was they own the patent on HIV. So and when people say they have HIV unless they've done it through the group that we work with, they don't have the real HIV because they.

So I mean, it's like I went to the people I wanted to go to, the people that actually invented it instead of somebody else. So and we're we're working right now, hopefully by the time we are there in Vegas will open the company because we're we're in negotiations.

We're almost finalized to buy that company because I want to I want to make it affordable to everybody and put it in the app right now and save. And it's a great tool, but it's too expensive.

So if we bought the company, then we can lower the price and get it out to our 220,000 users. Incredible, incredible. Wow. I mean, you're you're always, you know, you that's why you're a leader.

You're an innovator. You've been doing it for for so many years, and you're continuing to stay ahead of it all and bring the best to all of us. And so, you know, again, I want to keep talking, but I know we are at time.

And so I want to wrap up I want to let people know where they can find you. And but I want to give again, just another personal, just endorsement to you, to what you're doing, to your dedication to brain span, you know, bettering a billion brains.

And so really and truly, everybody listening, listen, this technology is in as little as three sessions a week will radically change. And and I think that's really what it's coming down to.

You've learned today from Doctor Porter about the power of perception. So we can already give ourselves a swing of seven and a half years based on the research and the studies, just by perception alone.

But if we're in a place that our perception is a little stuck, it has an opportunity for improvement. You know, one of the things that you get to tap in and listen to, no pun intended, are some really great sessions that can help us to shift our perception.

And I will tell you, I'm going to give a nod to myself. The longevity sessions that I have in there are all about that. How do you start to shift your own perception of what is possible and how to perceive?

Because aging is optional and it really does begin right here within that six inches of real estate. Right. And so, we really want to be able to give you guys access to these, these resources.

So from shifting this perception to and training your brain with nature, getting out, being and trained to that light dark cycle. And if you need some help, Doctor Porter, where can they find out all about your incredible technology?

And you? Well, if they go to brain to ABC.com, they didn't get a lot of free tips. They can also download the free app and try it for themselves. I always say try it for yourself.

You won't be charged until the 14th day, so if you don't like it, just cancel and you want be. So get the rest of the 14

days to try it out. But if you have a sleeping issue which two thirds of the world is having, usually within that 14 days, 90% of the people will be sleeping well or better enough that they believe that the apple work. So.

And then of course, they can just look me up online. There's my YouTube channel, I have lots of free videos and, you know, things like that are interviews there from years ago to.

So we have I mean, I've done a couple interviews, so there's a lot of free information online that they can learn about the technology and just about what we're doing and where we're at and things like that.

Fantastic. And if you guys come out to the ten year anniversary of Rad Fest, then you want to be able to get over to that booth right away because I'm telling you, you'll get the neural check.

That's when you're be able to get the full assessment of your brain profile. You'll be able to look at biological age, you'll get your own pre and post.

And so you'll understand what can become possible to truly, truly, truly help to enhance that brain span. And and you'll have fun learning along the way.

So, Doctor Porter, as always, it's simply a joy. I love getting and you made. You have so many little quips. So I mean, I'm just like literally sitting here going, okay, there's probably 20 little 30 to 60 second reels out of today's interviews with just the little nuggets of wisdom of all these things that you say.

So thank you for for just all of it today. It's been a joy. Okay. Well, thanks for having me and love to be out there. And if you're listening, remember we're going for a billion brains.

So it's your brain we're talking about. So let's try to get that brain on online and help the rest of the people. That's right. We're all in it together.

All right everybody, as always thank you for tuning in to another wonderful episode here. Continue to be bold and stay curious while you express your greatest states of aliveness.

I'm Doctor Melissa. Until next time, be well. Take care. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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